





March 2003

Available Now...

Beef

The 15,000 beef producers help make cattle and calves Colorado's number one agricultural commodity. Nearly one-third of Colorado's counties are "economically dependent" on the cattle industry.

Colorado has an inventory of more than three million of the finest beef cattle in the world. These cattle are raised, fed, processed and marketed here.

Beef provides zinc, iron, protein and B Vitamins.



Look for Colorado beef at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

Pan Seared Beef Tenderloin

with Goat Cheese, Roasted Pepper, Spinach and Marsala Sauce

Colorado Chef Jeremy Glas, Landry's Corporation

2 7 oz. portions of tenderloin

2 oz. Goat cheese

1 oz. Focaccia bread crumbs

1 oz. Marsala sauce

1 pinch Thyme 2 oz. Spinach

1 Roasted red pepper, cleaned, cut in half

2 oz. Olive oil 2 oz. Butter

8 Turned* potatoes
8 Turned* zucchini
4 Turned* carrots
8 oz. Veal stock

Salt and Pepper to taste

Start steaming vegetables and potatoes according to cooking time. *Cut tubular vegetables into 2 inch lengths and round vegetables into chunks the same length and about 1-1/2 inches wide. Pare the sides, shaping them into barrel shapes with 7 faces.

Butterfly tenderloin and stuff with a mixture of goat cheese, focaccia bread crumbs, peppers and spinach.

Sear until medium rare. Dust pan with flour, deglaze with marsala sauce and yeal stock.

To assemble, place spinach in center top of plate and surround with vegetables and potatoes. Slice roulade into four pieces, place on plate and serve.

Enjoy with a Colorado wine, such as a glass of Cabernet Sauvignon from Two Rivers Winery, located in Grand Junction, Colorado.

Next Month... Lamb